



Freedom Run II

DDSP Fitness Center Freedom Run 5K Run and Fun Run April 16th 9:00 a.m.

Open To

All military, retired military and civilian employees of DDC, DDSP, Tenants and their families and card bearing Fitness Center members only. (All eligible entrants must possess picture ID to enter the Depot)

Time & Location

9:00 a.m.: April 16, 2005 - DDSP Fitness Center (at DDSP New Cumberland, PA)

Course

Start and Finish will be at the softball field in front of the Fitness Center.

Distance

3.1 Miles (5 Kilometers) Run or Walk. Kids Fun Run is 1/2 Mile.

Entry Fee

\$8.00 (if postmarked by April 9, 2005), Race Day \$10.00. Kids Fun Run - Free
NO REFUNDS.

Registration

All pre-registration entries must be postmarked by April 9, 2005. Race day registration will be held 7:30 – 8:45 a.m. near the starting line.

Materials Pick-up

You may pick-up materials in front of the Fitness Center on Race day 7:30 - 8:45 a.m.

Kids ages 3 - 12 will receive certificate of participation at the finish line.

Age Groups

12 years & under (Fun Run), 13 to 18 years, 19 to 35 years, 36 years & older

Awards

Overall Male & Female winner will receive DDSP Fitness Center Freedom Run trophy. First through Third Place winners in each age group will be awarded (no duplicate awards). Paid entrants will receive a We Support You T-Shirt and be eligible in the drawing for a door prize (Must be present at time of drawing) The walk is a non-competitive fitness event. Commander's Trophy- trophy will be awarded to the top military branch registered team with the three best times for their branch.

Refreshments

Post-race refreshments will be available at the finish line.

Information

Carlton Rochelle: (717) 770-6473 DDSP Fitness Center Phone: (717) 770-6428

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